



Infantry Standards Working Group

Agenda:

- Purpose and Outcomes
- Infantry Physical Demands (11A/B/C)
- OSUT and IBOLC Physical Readiness Training

Examples

- OSUT Course Outcome Description & Graduation Requirements
- ALC Course Outcome Description & Graduation Requirements
- IBOLC Course Outcome Description & Graduation Requirements



Purpose and Outcome

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Purpose: Conduct discussion with Generating and Operational Force Leaders to confirm/ deny that current OSUT, ALC, and IBOLC POIs produce graduates that meet operational force requirements.

Discussion Topics:

1. Do the approved Infantry physical demands meet operational force requirements?
2. Are OSUT/ IBOLC graduates able to meet the physical demands of their gaining unit and arrive IAW HT/WT standards?
3. Do OSUT, IBOLC, and ALC graduates possess the basic KSAO's to integrate into their platoons and succeed?
4. Does FORSCOM provide competent, capable NCOs and Officers with requisite KSAO's to excel in ALC and MCCC?

Outcome: MCoE CG and Chief of Infantry are briefed on commonly agreed upon training gaps, recommendations on mitigation, and delineation between Generating and Operating Force responsibilities.



Topic #1

Do the approved Infantry physical demands meet operational force requirements?



Unit 1A Physical Demands (6+ Months in



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- Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters.
- ✓ Frequently hears, gives, or echoes oral commands in outside area at distances up to 50 meters.
- ✓ Constantly performs all other tasks while carrying a minimum of 80 pounds, evenly distributed over entire body.
- ✓ Occasionally drags 268 pound person 15 meters.
- ✓ Frequently digs, lifts, and shovels 11 pounds scoops of dirt in bent, stooped or kneeling position.
- ✓ Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 12 miles, during a 24 hour period, while carrying 103 pounds evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.
- ✓ Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 pounds, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.
- ✓ Occasionally raises 238 pound person 3.5 feet as a member of a two Soldier team
- ✓ Frequently lifts and lowers 40-pound bags shoulder high.
- ✓ Frequently throws 1 pound object 35 meters.
- ✓ Occasionally lifts 45 pounds waist high and carries it up to 15 meters.
- ✓ Frequently scales and climbs over a 2 meter vertical obstacle, with assistance.

1B Physical Demands (6+ Months in Unit)



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- Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300m.
- ✓ Occasionally drags 268 pound person 15 meters
- ✓ Constantly performs all other tasks while carrying a minimum of 80 pounds, evenly distributed over entire body.
- ✓ Frequently digs, lifts, and shovels 11 pounds scoops of dirt in bent, stooped or kneeling position.
- ✓ Frequently hears, gives, or echoes oral commands in outside area up to 50 meters.
- ✓ Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 12 miles, during a 24-hour period, while carrying 103 pounds evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements.
- ✓ Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 pounds, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.
- ✓ Occasionally lifts 107 pounds 5 feet as part of a two Soldier team.
- Occasionally lifts, lowers, and moves laterally 59 pounds 3 feet while seated.
- ✓ Frequently lifts and lowers 40-pound bags shoulder high.
- ✓ Frequently throws 1-pound object 35 meters.
- ✓ Frequently lifts 45 pounds waist high and carries it up to 15 meters.
- Occasionally lifts 65 pounds vertically 5-6 feet in the air
- Frequently lifts 65 pounds 3 feet high, moves laterally 5 feet and places object in tube.
- ✓ Occasionally carries 153 pounds 10 meters as part of a two Soldier team.

MCoE



11C Physical Demands (6+ Months in Unit)



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- ✓ **Constantly performs all other tasks while carrying a minimum of 80 pounds, evenly distributed over entire body.**
- ✓ **Frequently rise from a prone, kneeling, or crouched position, sprint for 3 to 5 seconds while carrying a minimum of 80 pounds, evenly distributed over entire body, then returning to a prone, kneeling, or crouched position. Repeating for a distance of no less than 100 meters.**
- ✓ **Frequently raises, carries, or lifts 1.5 meters on a pivot point, 110 pounds.**
- ✓ **Occasionally throws 1 pound object 35 meters.**
- ✓ **Occasionally lifts 183 lbs six inches vertically, moves laterally 1 meter, and lowers as part of a two soldier team (prorated at 91.5 pounds per soldier).**
- ✓ **Frequently hears, gives, or echoes oral commands in outside area at distances up to 50 meters.**
- ✓ **Frequently digs, lifts and shovels 11 pound scoops of dirt in bent, stooped, or kneeling position.**
- ✓ **Frequently walks, runs, crawls, and climbs over varying terrain and altitude changes for a distance of up to 12 miles, during a 24 hour period, while carrying 126 pounds evenly distributed over entire body, after which Soldier must retain the ability to perform all other physical requirements**
- **Occasionally lifts and carries rapidly for short distances, 136 pounds as part of a 2 Soldier team (prorated at 68 pounds per Soldier).**
- **Frequently lifts 29 pound round 77 inches and holds up to 10 seconds before placing it in the end of the gun tube.**
- **Frequently visually identifies vehicles and equipment at 1000 meters and individuals at 300 meters.**
- ✓ **Occasionally scales and climbs over a 2 meter vertical obstacle, with assistance.**
- ✓ **Occasionally drags 268 pounds person 15 meters.**



Topic #2: Are OSUT/ IBOLC graduates able to meet the physical demands of their gaining unit and arrive IAW HT/WT standards?



Doctrinal IN OSUT PRT Schedule

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Day/ Week	MON	TUE	WED	THU	FRI	SAT	SUN
1	PD (INSTRUCTION)	PD (5 rep), HSD, MMD1, 1 mile run assess, RD	PD, 4C, CD1, RD	PD, HSD (5 rep), mmd1, 30:60 x6, RD	PD, 4C (60 sec), CD1, CD2, RD	PD, HSD, MMD1, AGR, RD	RECOVER
2	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CL1, RD	PD, HSD, MMD1, 30:60 x6, RD	OD, 4C, CD1, CD2, CL1, RD	PD, HSD, 4C, RD	PD, Practice APFT, RD	RECOVER
3	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD, RD	PD, HSD, MMD, 30:60 x8, 300 yd SR, RD	PD, 4C, CD1, CD2, CL1, PSD (2x30 sec), RD	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD, RD	RECOVER
4	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, 60:120 x6, 300yd SR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	RECOVER
5	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, 60:120 x8, 300yd SR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, 4C, RD	PD, Practice APFT, RD	RECOVER
6	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, 60:120 x8, 300yd SR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	RECOVER
7	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, 60:120 x10, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, 4C, RD	PD, Record APFT, RD	RECOVER
8	PD, HSD, MMD1, AGR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, 60:120 x10, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, MMD1, AGR or RR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	RECOVER
9	PD, HSD, MMD1, AGR or RR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, CL- CLIMBING DRILL MMD1, AGR- ABILITY GROUP RUN STC- STRENGTH TRAINING CIRCUIT x10, 300yd SR, RD	PD, 4C, CD1, CD2, CL1, PSD or STC, RD	PD, HSD, PD- PREP DRILL RD, RECOVERY DRILL MMD1, AGR- ABILITY GROUP RUN PSD- PU/SU DRILL or RR, RD	PD, 4C, CD1, CD- CONDITIONING DRILL RD, RECOVERY DRILL SR- SHUTTLE RUN CL- RELEASE RUN RR- RELEASE RUN PSD- PU/SU DRILL or RR, RD	RECOVER



INFANTRY BASIC OFFICER LEADER COURSE MANEUVER CENTER OF EXCELLENCE

Weeks 1-4

	Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
WK 1	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
Location			1 mile track		Bldg 466	WTC Obstacle Course	CO Area
Start Time			430		400	600	0800
Event	DONSA	Inprocess	Initial APFT	Urban Orienteering	1SG Intro to PT	Obstacle Course	Remedial PT
Uniform		ACUs	APFU	TBP	APFU	ACUs	APFU
WK 2	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
Location		Bldg 466	Range	Range	Thanksgiving		
Start Time		0530	0500	0500			
Event	DONSA	25 minute run, PU/SU	Squad Competition	4 Mile FM			
Uniform		APFU	modified ACUs	ACU's w/ Ruck			
WK 3	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
Location		Bldg 466					CO Area
Start Time		0630					0800
Event	DONSA	Murph	Land Navigation	Land Navigation	Land Navigation	Recovery	Remedial PT
Uniform							APFU
WK 4	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
Location		Bldg 466	Bldg 466	Malone	Malone	Bldg 466	CO Area
Start Time		0600	0600	0630	0530	0600	0800
Event	DONSA	RPFT	30 Minute Run	Casevac / Water Jug Carry	Kyle Mile	Doughboy Circuit	Remedial PT
Uniform				modified ACUs	modified ACUs		APFU



INFANTRY BASIC OFFICER LEADER COURSE MANEUVER CENTER OF EXCELLENCE

Weeks 5-9

WK 5	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
Location		Bldg 466	Bldg 466	Bldg 466	Bldg 466	Bldg 466	Holiday Block Leave
Start Time		0630	0630	0630	0630	0630	
Event	DONSA	35 Minute Run	6 Mile FM	Sprint Pyramid	Strength Workout	Cindy	
Uniform			ACU's w/ Ruck				
	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec
	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
WK 6	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
Location		Bldg 466	Bldg 466	Bldg 466	Bldg 466	Lee Field	CO Area
Start Time		0530	0530	0530	530	530	0800
Event	DONSA	APFT x2	Kyle Mile	Beep Test	Pull Ups, PU/SU, Sprints	CASEVAC PT	Remedial PT
Uniform						modified ACUs	APFU
WK 7	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Location		Bldg 466	Pierce	Pierce	Pierce	MLK JR Weekend	
Start Time		0600	0530	0530	0400		
Event	DONSA	40 Minute Run	Circuit PT	Murph	8 Mile FM		
Uniform					ACUs w/ Ruck		
WK 8	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
Location	MLK JR Weekend		Bldg 466	Galloway	Galloway		Bldg 466
Start Time			0400	0600	0600	0530	0630
Event			45 Minute Run	Squad Competition	Circuit PT	Push Up / Sit Up Pyramids	TBP
Uniform							
WK9	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
Location		Bldg 466	Bldg 466	Bldg 466	Bldg 466	Bldg 466	CO Area



INFANTRY BASIC OFFICER LEADER COURSE MANEUVER CENTER OF EXCELLENCE

Weeks 10-14

WK 10	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
Location		Bldg 466	Alabama TA	Alabama TA	Alabama TA	Alabama TA	
Start Time		0630	0530	0530	0530	0400	
Event	DONSA	Cindy	Trail Run	Rifle PT	Push Ups, Sit Ups, Sprints	10 Mile FM	DONSA
Uniform						ACUs w/ Ruck	
WK 11	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
Location		RTB	Bldg 466	RTB	Bldg 466	Presidents Day Weekend	
Start Time		0300	0530	0100	0630		
Event	DONSA	RPFT	Death by Pullups / Dips	12 Mile FM	Push Ups, Sit Ups, Sprints		
Uniform		APFU		ACUs w/ Ruck			
WK 12	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
Location	Presidents Day Weekend		Bldg 466	Selby	Selby	Selby	CO Area
Start Time			0600	0500	0500	0500	0800
Event			APFT	Beep Test	Dagger Mile	Trail Run	Remedial PT
Uniform				modified ACUs	modified ACUs	modified ACUs	APFU
WK 13	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
Location		Bldg 466	Bldg 466	TBP	Bldg 466	Bldg 466	CO Area
Start Time		0630	0630	TBP	0630	0630	0800
Event	DONSA	55 Minute Run	Push Ups / Sit Ups	12 Mile FM Retest	Murph	1/4 Mile Repeats	Remedial PT
Uniform							APFU
WK 14	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Location		Bldg 466	PLT LFX Range	Garnsey / CCs	Garnsey / CCs	Garnsey / CCs	CO Area
Start Time		0530	0530	0530	0530	0530	0800
Event	DONSA	Cindy	PLT LFX	Squad Competition	Dagger Mile	Push Up / Sit Up Pyramids	Remedial PT
Uniform							APFU



INFANTRY BASIC OFFICER LEADER COURSE MANEUVER CENTER OF EXCELLENCE

Weeks 14-17

WK 15	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Location		1 Mile Track	Leader Forge				
Start Time		0500					
Event	DONSA	Final APFT					
Uniform		APFU					
WK 16	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Location	Leader Forge			Bldg 466	Bldg 466	Bldg 466	
Start Time				0630	0630	0630	
Event			Recovery	Platoon Run	Company Ironman	Doughboy Circuit	DONSA
Uniform							
WK 17	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Location		Bldg 466	Bldg 466	Bldg 466	Bldg 466		
Start Time		0630	0530	0600	0300	0900	
Event	DONSA	60 Minute Run	Land Navigation	Urban Orienteering	RPFT	Company Handover	DONSA
Uniform			modified ACUs		APFU		



**Topic #3: Do OSUT, IBOLC, and
ALC graduates possess the basic
KSAO's to integrate into their
platoons and succeed?**



OSUT Outcome Description

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Begins the transformation of civilians into adaptive, flexible, and disciplined Infantrymen who possess the Army Values, fundamental Soldier skills, physical fitness, character, confidence, commitment, and the Warrior Ethos. Graduates are physically fit and can foot march; can react to man-to-man combat; are constantly aware of their surroundings and alert to changes; can assess and respond appropriately to threats; demonstrate the basics of how to take care of himself and his equipment in any environment; can perform lifesaving battlefield first aid; can read maps and navigate from one point to another as a member of a team; can operate a radio and perform basic voice communications; can apply the fundamental skills required in a defense; demonstrate appropriate military customs and courtesies; master the M4 assault rifle; handle other infantry weapons competently, confidently, and safely whether using blank ammunition or live; **can operate as a member of a team and act effectively on contact; can enter and clear a room—day and night.**

- Pass the APFT with a minimum of 60 points in each event (waivered only if Soldier passed diagnostic APFT).
- Participate in the weapons immersion program (safe handling and maintenance)
- Qualify with individual weapon.
- Complete ARM 1-6 training.
- Pass all end of cycle requirements.
- Complete obstacle and confidence courses
- Complete 22 hrs of combative (foundational and tactical) training.
- Throw two live hand grenades.
- Complete the protective mask confidence exercise.
- Complete 12 mile road march- with all equipment (total load not less than 35lbs) within 5 hours as a member of assigned platoon.
- Complete all tactical field training and the field training exercises (FTX).
- Complete WTBDs
- Complete a Mounted React to contact exercise (MRTC).
- Conduct urban operations 1-4 periods.
- Complete combat lifesaver training.
- Demonstrate proficiency of MOS specific critical tasks (Phases I, II and III phase testing).
- Prepared to contribute to the successful mission accomplishment of the first unit of assignment and operate effectively in a contemporary operating environment.
- Complete Eagle Run (5 miles in 45 minutes).
- Execute Night Infiltration Course
- Complete Global Assessment Tool (GAT) survey.



OSUT Outcome Description

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- Begins the transformation of civilians into adaptive, flexible, and disciplined Infantrymen who possess the Army Values, fundamental Soldier skills, physical fitness, character, confidence, commitment, and the Warrior Ethos. Graduates are physically fit and can foot march; can react to man-to-man combat; are constantly aware of their surroundings and alert to changes; can assess and respond appropriately to threats; demonstrate the basics of how to take care of himself and his equipment in any environment; can perform lifesaving battlefield first aid; can read maps and navigate from one point to another; can operate a radio and perform basic voice communications; can apply the fundamental skills required in a defense; demonstrate appropriate military customs and courtesies; master the M4 assault rifle; handle other infantry weapons competently, confidently, and safely whether using blank ammunition or live; **master basic gunner skills; can operate as a member of a team and act effectively on contact.**

- Pass the APFT with a minimum of 60 points in each event (waivered only if Soldier passed diagnostic APFT).
- Participate in the weapons immersion program (safe handling and maintenance)
- Qualify with individual weapon.
- Complete ARM 1-6 training.
- Pass all end of cycle requirements.
- Complete obstacle and confidence courses
- Complete 22 hrs of combative (foundational and tactical) training.
- Throw two live hand grenades.
- Complete the protective mask confidence exercise.
- Complete 12 mile road march- with all equipment (total load not less than 35lbs) within 5 hours as a member of assigned platoon.
- Complete all tactical field training and the field training exercises (FTX).
- Complete WTBDs
- Complete a Mounted React to contact exercise (MRTC).
- Conduct urban operations 1-4 periods.
- Complete combat lifesaver training.
- Complete all Mortar training pass gunners exam
- Prepared to contribute to the successful mission accomplishment of the first unit of assignment and operate effectively in a contemporary operating environment.
- Complete Eagle Run (5 miles in 45 minutes).
- Execute Night Infiltration Course
- Complete Global Assessment Tool (GAT) survey.
- Complete all mandatory classroom instruction.



B/C ALC Outcome Description

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An Infantry Advanced Leader Course graduate is a skilled communicator who clearly articulates written and oral orders based on Army doctrine and is heavily invested in lifelong learning. He demonstrates tactical and technical expertise as an Infantryman / Indirect Fire Infantryman through the daily execution of his assigned duties IAW the operational environment. He analyzes complex problems through critical thinking in order to make correct, informed decisions. He uses his experience to mentor and provide sound advice to subordinates, peers and superiors consistent with his knowledge, skills and attributes.

- Pass APFT and meet Height and Weight Standards
- Pass 4x written examinations with a score of 70+ on each
- Pass 2x graded leadership positions: 1x garrison, 1xtactical
- Pass 2x written performance evaluations of OPORD and Personal Experience Monograph
- Pass Land Navigation Course with 5 out of 8 points in under 5 hours
- Receive no disciplinary counseling statements or violations of the standards of conduct

- Pass APFT and meet Height and Weight Standards
- Pass 7x written examinations with a score of 70+ on each
- Pass 2x graded leadership positions: 1x garrison, 1xtactical
- Pass 2x written performance evaluations of OPORD and Personal Experience Monograph
- Pass Land Navigation Course with 5 out of 8 points in under 5 hours
- Receive no disciplinary counseling statements or violations of the standards of conduct



IBOLC Outcome Description

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An IBOLC 2LT arriving at his unit has demonstrated a commitment to the Army Profession and the Army Values, is physically and mentally tough, displays moral courage, is tactically competent at planning and leading dismounted platoon operations, understands how to train expert marksmen, knows how to navigate, is familiar with combined arms and joint enablers, is able to solve complex problems, to communicate effectively with his peers, superiors, and subordinates, and is a master of the Troop Leading Procedures.

- **12 mile individual release footmarch in under 3 hours with 35lbs.**
- **5 mile run in 40 minutes**
- **Complete the RPFT (pushups, sit ups, pull ups, 5 mile run)**
- **APFT and Height/Weight**
- **Land Navigation (4 of 5 points day and night)**
- **Complete the 16 mile foot march**
- **Complete all live fires from fire team to platoon**
- **Miss no more than 72 hours**
- **3x five day PLT STX/LFX field exercises; 1x eight day field exercise (PLT/Co)**
- **Qualify with Individual Weapon**
- **Complete Obstacle Course**
- **Pass 3x Peer Assessment**
- **SPOT reports (no more than 3x major minus)**
- **Pass no less than 1x leader assessment (patrol)**
- **Pass no less than 1x OPORD brief**
- **Tactical Exams: COIN, Defense, Terms & Symbols, R&S, Offense, Fires**
- **Comprehensive Tactics Exam**
- **Combined Arms Exam**
- **Battle Analysis and Reflection Papers**
- **Create a Platoon Physical Readiness Program**
- **Training Management Brief**
- **ASCOPE Brief**
- **Overall Leader Character, Presence, Intellect Assessment**



Topic #4: Does FORSCOM provide competent, capable NCOs and Officers with requisite KSAO's to excel in ALC and MCCC?



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DISCUSSION



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BACK UP SLIDES



11A Physical Demands (IBOLC Grad)

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- Physical Fitness: Meet HT/WT standards
- Pass APFT with minimum of 60 points per event
- Complete 5 mile run in 40 minutes
- Complete 12 mile FM in 3 hours, 16 mile FM in 8 hours
- Complete Obstacle Course
- Locate 6 of 8 points on land navigation course in under 5 hours
- Qualify with M4 rifle; conduct Advanced Rifle Marksmanship; and buddy team LFX
- Conduct hand grenade course and throw two live hand grenades
- Familiarize with M249, M240B, M2A1, MK19, M203/M320 GL, M136 AT4
- Conduct multiple FTXs that train individual, buddy team, fire team, squad, platoon, and urban operations tasks



11B/C Physical Demands (OSUT Grad)



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- Physical Fitness: Meet HT/WT standards within 180 days from BASD
- Pass APFT with minimum of 60 points per event
- Complete 5 mile run in 45 minutes
- Complete 12 mile FM in 5 hours
- Conduct both Obstacle and Confidence Courses
- Locate 3 of 5 points on land navigation course in under 3 hours as part of 3-5 man team
- Qualify with M4 rifle; conduct Advanced Rifle Marksmanship; and buddy team LFX
- Conduct hand grenade course and throw two live hand grenades
- Familiarize with M249, M240B, M2A1, MK19, M203/M320 GL, M136 AT4
- Conduct multiple FTXs that train individual, buddy team, fire team, squad, and urban operations tasks
- Conduct training on 60mm, 81mm, and 120mm mortar